



## Protein-Packed Chicken Alfredo



1/4 of recipe (about 1 1/4 cups): 380 calories, 10g total fat (4.5g sat. fat), 703mg sodium, 32.5g carbs, 4.5g fiber, 8g sugars, 41.5g protein

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**Prep:** 20 minutes    **Cook:** 25 minutes



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### Ingredients

#### Skillet

4.5 oz. uncooked short protein pasta (like penne or fusilli)  
1 lb. raw boneless skinless chicken breast, cut into 1-inch pieces  
1 tsp. garlic powder  
1/8 tsp. salt  
1/8 tsp. black pepper  
2 cups sliced mushrooms  
1 cup chopped onion

#### Sauce

1 cup fat-free milk  
1/2 cup low-fat cottage cheese  
1/2 cup grated Parmesan cheese  
1 tbsp. cornstarch  
1 1/2 tsp. chopped garlic  
1/8 tsp. salt  
1/8 tsp. black pepper

#### Topping

2 tbsp. grated Parmesan cheese

### Directions

In a medium-large pot, bring 4 cups of water to a boil. Add pasta. Stirring often, cook until al dente, 6–8 minutes. Drain and set aside.

Meanwhile, place all sauce ingredients in a blender or food processor. Blend until smooth and uniform.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add chicken and seasonings. Cook and stir until no longer pink, about 4 minutes. Add mushrooms and onion. Cook and stir until veggies are lightly softened, 3–4 minutes.

Add sauce to the skillet. Stirring frequently, cook until chicken is fully cooked and sauce is bubbling and has thickened, about 7 minutes.

Add pasta to the skillet. Cook and stir until hot and coated with sauce, about 3 minutes.

Serve topped with Parm.

**MAKES 4 SERVINGS**

**HG FYI:** The nutritional info for this recipe is based on protein pasta averages: 190 calories, 11g protein, and 5.5g fiber per uncooked 2-oz. serving. Keep reading for brand recommendations!

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